

Please add the following claims:

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B1  
L  
--Claim 43. A method of cooling a person, comprising:  
providing a multi-layered, liquid-retaining composite material comprising:  
a filler layer comprising:  
a fiberfill batting material and  
hydrophilic polymeric particles;  
soaking said multi-layered, liquid-retaining composite in a liquid; and  
employing said multi-layered, liquid-retaining composite as a garment or a flat  
sheet.

110  
Claim 44. The method of claim 43, wherein said hydrophilic particles are capable of  
expanding 100 to 300 times from their original dry size to a wet size responsive to  
being soaked in liquid.

111  
Claim 45. The method of claim 43, wherein said hydrophilic particles have a  
volume when dry of between 0.1 to 2 cubic millimeters.

112  
Claim 46. The method of claim 43, wherein the fiberfill batting material comprises  
at least one of a woven aramid fiber or a polybenzamidazole fiber.

*B1*  
*Amended*

*15*  
Claim 47. A method of cooling a person, comprising:  
providing a multi-layered, liquid-retaining composite material comprising:  
a filler layer comprising:  
a fiberfill batting material and  
hydrophilic polymeric particles capable of expanding 100 to 300  
times from their original dry size to a wet size responsive to being soaked  
in liquid;  
soaking said multi-layered, liquid-retaining composite in a liquid; and  
employing said multi-layered, liquid-retaining composite as a garment or a flat  
sheet.

*16*  
Claim 48. The method of claim 47, wherein said hydrophilic particles have a  
volume when dry of between 0.1 to 2 cubic millimeters.

*17*  
Claim 49. The method of claim 47, wherein the fiberfill batting material comprises  
at least one of a woven aramid fiber or a polybenzamidazole fiber.

*18*  
Claim 50. The method of claim 47, wherein said filler layer further comprises:  
hydrophilic polymeric fibers that absorb at least 2.5 times the fibers weight in water.

Claim 51. The method of claim 50, wherein said hydrophilic polymeric fibers are polyacrylonitrile/polyacrylate fibers.

Claim 52. The method of claim 50, wherein said hydrophilic polymeric fibers have diameters ranging from about 10 to 50 microns and lengths ranging from about 3 to 60 millimeters.

Claim 53. The method of claim 50, wherein said fibers are comprised of absorbent gelling material and said fibers are bi-component fibers.

Claim 54. The method of claim 50, wherein said fibers are bi-component fibers of the sheath/core type.

Claim 55. A method of warming a person, comprising:

providing a multi-layered, liquid-retaining composite material comprising:

a filler layer comprising:

a fiberfill batting material and

hydrophilic polymeric particles capable of expanding 100 to 300 times from their original dry size to a wet size responsive to being soaked in liquid;

soaking said multi-layered, liquid-retaining composite in a liquid;

warming said multi-layered liquid-retaining composite to the desired temperature; and  
employing said multi-layered, liquid-retaining composite as a garment or a flat sheet.

*B1  
Could*  
Claim 56. The method of claim 55, wherein said filler layer further comprises:  
hydrophilic polymeric fibers that absorb at least 2.5 times the fibers weight in water.

Claim 57. The method of claim 56, wherein said hydrophilic polymeric fibers are  
polyacrylonitrile/polyacrylate fibers.

Claim 58. The method of claim 56, wherein said hydrophilic polymeric fibers have  
diameters ranging from about 10 to 50 microns and lengths ranging from about 3 to  
60 millimeters.

Claim 59. The method of claim 56, wherein said fibers are comprised of absorbent  
gelling material and said fibers are bi-component fibers.

Claim 60. The method of claim 56, wherein said fibers are bi-component fibers of  
the sheath/core type.

Claim 61. The method of claim 43, wherein said garment is a shirt, pant, vest, or jacket.

Claim 62. The method of claim 47, wherein said garment is a shirt, pant, vest, or jacket.

Claim 63. The method of claim 55, wherein said garment is a shirt, pant, vest, or jacket.

Claim 64. The method of claim 50, wherein the hydrophilic polymeric fiber is blended with the fiberfill in a range of from about 15 percent to 75 percent with the fiberfill.

Claim 65. The method of claim 56, wherein the hydrophilic polymeric fiber is blended with the fiberfill in a range of from about 15 percent to 75 percent with the fiberfill.--

### REMARKS

#### Status of the Claims

Claims 31-65 are pending. Claims 1-30 are canceled. Claims 43-65 are added.

Support for the added claims can be found throughout the disclosure, and are based on